

Hungry Planet™ Diced Grilled Chicken Grill Cheese

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		4	11.78 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Sourdough bread, slices	8.0 ea	1 lb 2.06 oz	Spread mayo on the slices of bread only on the sides that will face outside and touch the pan when cooking.
	Vegan Mayonnaise	1/4 cup	0 lb 2.12 oz	
2	Vegan cheddar cheese, slices	8.0 ea	0 lb 5.64 oz	On the inside, layer cheddar, Hungry Planet™ Diced Grilled Chicken, salsa fresca, corn, and mozzarella cheese. Top with other bread slice, with mayo sides facing out. Toast in a pan on medium heat. Use a cast iron pan or heavy pot to press the sandwich, using foil between sandwich and weight to keep weight clean. Flip grilled cheese when one side is golden (about 4 minutes on each side). Slice in half and serve warm. Serve with sour cream or guacamole if desired.
	Hungry Planet Diced Grilled Chicken		1.00 lb	
	Salsa fresca	1/4 cup	0 lb 2.12 oz	
	Corn, canned	1/4 cup	0 lb 1.20 oz	
	Vegan mozzarella cheese, shredded	1/2 cup	0 lb 2.00 oz	

RECIPE IMAGES



ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 15.14 oz	0 %	2 lb 15.14 oz	0 %	2 lb 15.14 oz
Size of portion	11.78 oz		11.78 oz		11.78 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives			Energy		
		% of energy			
Fat	0.03 g	9.63 %	3.20 kcal	Salt	0.06 g
Saturated	0.00 g	1.12 %	13.39 kJ	Salt	0.06 %
Monounsaturated	0.01 g	1.55 %	0.01 MJ	Sodium	25.77 mg
Polyunsaturated	0.01 g	2.95 %		Phosphorus	1.17 mg
Trans	0.00 g	0.00 %		Potassium	3.61 mg
Cholesterol	0.00 mg			Iron	0.01 mg
Linolenic acid	0.01 g			Calcium	0.08 mg
Alpha-linolenic acid	0.46 mg			Zinc	0.01 mg
Carbohydrate	0.80 g	102.09 %		Magnesium	0.33 mg
Sugars	0.34 g	43.43 %		Iodine	0.00 µg
Sugar	0.00 g			Selenium	0.02 µg
Lactose	0.00 g			Copper	0.00 mg
Fibre	0.06 g	3.50 %			
Organic acids	0.00 g	0.00 %			
Sugar alcohol	0.00 g	0.00 %			
Starch	0.33 g	42.14 %			
Protein	0.06 g	7.49 %			
Alcohol	0.00 g	0.00 %			

Minerals

Salt	0.06 g
Salt	0.06 %
Sodium	25.77 mg
Phosphorus	1.17 mg
Potassium	3.61 mg
Iron	0.01 mg
Calcium	0.08 mg
Zinc	0.01 mg
Magnesium	0.33 mg
Iodine	0.00 µg
Selenium	0.02 µg
Copper	0.00 mg

Vitamins

Vitamin A	0.00 µg
Vitamin D	0.00 µg
Thiamine	0.00 mg
Riboflavin	0.00 mg
Niacin	0.02 mg
Vitamin B6	0.00 mg
Vitamin B12	0.00 µg
Folic acid	0.00 µg
Vitamin C	0.22 mg
Vitamin E	0.00 mg
Vitamin K	0.00 µg

Others

Water	6.00 g
-------	--------